

In Season:



Lettuce!



NUTRIENTS IN LETTUCE:

Vitamins: A and folate.

SELECTION:

Choose lettuce with crisp leaves. Avoid brown edges.

STORAGE:

Rinse well and dry with paper towels.

Refrigerate leaf lettuce in plastic bag for up to 1 week.

QUICK FIX TIPS:

- Make a tasty salad by tossing leaf lettuce and a variety of your other favorite vegetables and dressing. Leaf lettuce goes great with almost every food.
- Add extra crunch to your sandwich by adding leaf lettuce.
- Create a chicken salad platter by topping leaf lettuce with chicken salad, a slice of cheese, grapes, apples, and shredded carrots.

Fruity Tuna Salad Wraps

Ingredients:

- 2 tbsp lemon juice
- 1 tsp curry powder
- ½ cup low-fat lemon yogurt
- 1 can (12 oz.) solid white tuna in water, drained
- 2 cups seedless red grapes, cut in half
- 2 stalks celery, diced
- ½ cup chopped dates
- 12 large green or red leaf lettuce leaves, washed and patted dry

Prep Time: 20 Minutes

Serves: 6

Cups of Fruits and Vegetables per Serving: 1

Preparation:

1. Combine first three ingredients in a bowl. Mix well.
2. Stir in remaining ingredients, except lettuce.
3. Place about ½ cup of tuna mixture into center of two lettuce leaves and roll up.



Nutritional Information per Serving:

Calories:162; Total Fat:2.2g; Dietary Fiber:2g; Sodium:261mg



Recipe is courtesy of Produce for Better Health Foundation (PBH).

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